

Wyoming On Wellness

VOL. 3, NO. 3

"An ounce of prevention is worth a pound of cure."

SUMMER 2008

READY, WILLING, AND ABLE

The key to successful lifestyle changes

Whatever your goal, take an honest look at your current habits.

Pick only one or two things that you are ready, willing, and able to change and that will make the most impact. Then, think about these five things:

1. How long will it take you?
2. Is it easy to do in your everyday life?
3. Is it specific?
4. How often will you do this?
5. When will you do this?

Instead of vague statements like "I'll get more activity" or "I'll eat better," map out your goals with specific steps like this:

For the next month (how long) I will take a 15-minute walk (realistic and specific) three days a week (how often) after lunch (when).

OR

I will eat a piece of fruit (realistic and specific) for breakfast and one for an afternoon snack (when) every day (how often) this week (how long).

Source: American Diabetes Association

TYPE 2 DIABETES

You can escape the epidemic

Staying at a healthy weight, losing just 5 to 7% of your body weight if you're overweight, and getting 30 minutes of exercise every day can greatly reduce your risk of developing type 2 diabetes.

Talk to your doctor about a health screening for diabetes. If you are overweight, have a waist measurement more than 40 inches for men or 35 inches for women, are over 40, or have a family history of diabetes, you may be at increased risk.

Source: American Dietetic Association, www.eatright.org







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eating well

Fast food, smart choices...

If summer travel finds you stopping for quick meals, remember these guidelines:

TYPE OF EATERY	CHOOSE THIS MORE OFTEN...	THAN THIS...
COFFEE STAND OR BREAKFAST SHOP 	Whole-grain low-fat muffin Whole-grain bagel spread lightly with all-fruit jelly or fat-free cream cheese Plain or vegetable omelet or poached egg with whole-wheat toast Coffee with low-fat or fat-free milk	Doughnut or Danish White bagel piled high with cream cheese or peanut butter Fried egg sandwich with bacon or other meat Latte or mocha with whole milk
SANDWICH SHOP 	Lean chicken or turkey Whole-grain bread with mustard Green salad with light dressing or fruit salad Low-fat or fat-free milk or water	Beef, salami, tuna or egg salad made with mayo White bread or croissant with mayonnaise Potato salad, macaroni salad, or Caesar salad Sweetened fruit or soft drink
 BURGER PLACE	Child-sized items or plain hamburgers with ketchup and mustard Grilled chicken, fish, or veggie sandwiches	Jumbo double-patty burgers with bacon and cheese Fried chicken or fish sandwiches with mayo or sauce
ASIAN EATERY 	Steamed dumplings and spring rolls Stir-fried veggies Steamed rice, noodles in clear soup Lite soy sauce, no MSG	Deep-fried egg rolls Tempura-fried veggies Fried rice, chow mein Regular soy sauce
 PIZZA PARLOR	Whole-grain crust, veggie toppings, and light amount of cheese	Sausage, pepperoni, and extra cheese
 FAMILY RESTAURANTS	Items that are baked, grilled, or steamed Tomato sauces and broth-based soups Iced tea, low-fat or fat-free milk, or non-sugared juice	Fried or breaded foods Cream sauces and soup Soft drinks, milk shakes

Source: Heart and Stroke Foundation of Canada

Mixed Baby Greens with Almonds and Fresh Strawberry Dressing

- 12 cups mixed baby salad greens, washed and drained
- 1/3 cup slivered almonds, toasted
- Dressing:
 - 1 cup fresh strawberries, washed, stems removed, and sliced
 - 1/3 cup granulated sugar
 - 2/3 cup balsamic vinegar
 - 1 tsp. kosher salt
 - 1/2 tsp. black pepper
 - 2 Tbsp. canola oil

Place sliced strawberries in food processor and pulse 5 to 6 times until coarsely chopped or chop using a knife. Add sugar, vinegar, salt, pepper, and oil. Pulse again 5 to 6 times until combined or mix thoroughly in a bowl with a whisk. Toss dressing with greens and almonds and serve.

Serves 6. Per 2-cup serving: 168 calories, 3 g protein, 22 g carbohydrate, 8 g fat (1 g saturated, 5 g monounsaturated, 2 g polyunsaturated), 3 g fiber, 331 mg sodium.

Source: Dream Dinners, Inc.
dreamdinners.com © 2008



BERRIES Nutritious & Delicious

Strawberries are high in fiber, vitamin C, and disease-fighting antioxidants.

Buy strawberries that still have the stems attached, store in the refrigerator as soon as you bring them home, and don't wash them until you're ready to use them. Dark-colored berries like blueberries and blackberries are also loaded with antioxidants.

SWIMMING

A great low-impact, total body workout

Here's how to get the most weight-loss, toning, and muscle strengthening benefits from this “near perfect” activity:

- **Relax.** A tense body will sink more easily than a relaxed one. Move gently and avoid panic.
- **Exhale when you have your head under water** so that you only need to inhale when your head's above water.
- **Keep your body in a straight line**, from fingertips to toes, no matter what stroke you're using. A straight line will help you decrease drag and let you move more easily through the water.
- **Focus on splashing as little as possible** when your hands and arms enter the water.
- **Keep your head in the same position** as if you were walking, which means you'll be looking at the bottom of the pool instead of in front of you.

Source: Get Wet, Get Fit: The Complete Guide to Getting a Swimmer's Body, by Olympic gold medalist Megan Quann Jendrick and Nathan Jendrick, published by Simon & Schuster

EVEN IN THE HEAT...

Take time to warm up

Warming up for sports and physical activity may help improve performance and reduce your risk for injuries.

When you get older, you may need to increase your initial warm-up period. It's important to warm up even before you do yard work or home chores that require heavy lifting.

A good warm-up requires more than just stretching. Pick something that mimics the activity you plan to do. For runners, that could be walking or using an elliptical trainer if you have one available. If you plan to play basketball, walk up and down the court for five minutes before you start to jog or run. For low-impact activities, you can alternate walking on your tiptoes with walking on your heels, and then do high-knee steps for a few minutes.

Ease carefully into your activity and take care not to extend yourself beyond your experience level.

Source: American College of Sports Medicine

INTERVAL TRAINING

Less time, faster results

Interval training may motivate people who claim lack of time followed by lack of results as the biggest reasons they don't exercise.

This “added-value workout” involves short bursts of heartpumping, intense activity followed by longer periods of less intense work. The easier interval is described as “active recovery.” It gives your heart a rest, but you're still working.

Running for 30 seconds followed by walking for three minutes for a total of 30 minutes is a typical example. To make it simple, you could run one block, then jog or walk the next three or four for 30 minutes.

The technique could also be used with biking or swimming. Be sure to get your doctor's OK if you have high blood pressure, heart disease, or are over age 60.

Source: American Council on Exercise

“I just have to put on my running shoes and my dog Wasatch goes crazy. Seeing how much he wants to go for a run is all the inspiration I need.”

— Ann Trason, 14-time winner of Western States 100-Mile Endurance Run

health news

Doc Talk

POWER TO THE PATIENT.

How to work with your doctor on weight control

Dr. Tom (not his real name), a committed family doctor and friend, recently seemed a little discouraged. "I've been hearing patient complaints," he told me. "They get angry when I bring up weight control. It makes me want to avoid the subject." I can relate to Tom's concerns. My overweight patients sometimes seem insulted when I speak to them of their weight. But as a physician, I feel an obligation to work with my patients on this issue. By controlling your weight, you can reduce your risk of:

- Heart disease
- Stroke
- Cancers of the breast, uterus, colon, kidney, and esophagus
- Diabetes
- Osteoarthritis

If we had a pill this effective, we would all be clamoring for it. But for most, weight control is not so easy — it requires self awareness and changes in our daily activity and eating. Start by wearing a pedometer and keeping a three-day food and activity diary. Record steps you walk, foods and drinks you consume, servings and calories. Bring the diary to your doctor and ask for advice and support. Consider asking about a referral to a Registered Dietitian or weight-loss program. Together, you can reduce your risk of weight-related illness, while looking and feeling your best.

William J. Mayer, MD, MPH
Medical Editor

Do you have a subject you would like the doctor to discuss? E-mail DocTalk@HopeHealth.com.

pregnancy & safe cleaning

- **Open windows** or turn on a fan to keep the area well ventilated.
- **Make sure there are no warnings** for use by pregnant women on cleaning products.
- **Never mix two cleaning products together** (like bleach and ammonia). They can produce toxic fumes.
- **Avoid cleaning ovens.** The small, confined space cannot be ventilated well.
- **Wear gloves, long pants, and long-sleeved shirts** to protect your skin from chemicals.
- **Let someone else clean the cat box.** Cat feces can expose pregnant women to toxoplasmosis, an infection linked to birth defects and other newborn problems.

Source: American Pregnancy Association

avoiding asthma attacks

You can lower your chances of having an asthma attack if you learn how to identify — and avoid — the substances or situations that cause your symptoms.

Common triggers include allergies, air pollution, tobacco smoke, dust, cleaning agents, paint, and even exercise for some people.

If you're going somewhere you know you might be triggered, like visiting the home of someone who has pets, take your medication beforehand to help prevent an attack. Bring your own pillow with an allergen proof cover when you sleep away from home.

Washing your hands frequently can protect you from pollen and other allergy-causing substances that may trigger attacks.

Sources: Asthma and Allergy Foundation of America; American Academy of Allergy Asthma and Immunology

re-energize a workout

A short visualization exercise may be enough to get you back on track when a workout isn't going well.

Find a place where you can sit and relax for five to 10 minutes. Close your eyes, take some deep breaths, and picture the last time you had a great workout. Remember your energy level and how you felt. Let your body feel the experience in the present moment. Return to your workout when your body is relaxed and you have recaptured a positive, energetic mood.

Source: *Mind Over Muscle: The Effortless Way to a Perfect Body*, by James Villepigue, American Council on Exercise, published by Hatherleigh Press

do you eat out of boredom?

Choose snacks that take some time to prepare when non-food methods like deep breathing or a short walk don't take your mind off eating.

Peanuts and sunflower seeds in the shell, a fruit you need to peel (think pomegranate), or making a sundae with non-fat yogurt and chopped fruit can keep you busy and get your mind off munching.

Source: Weight Watchers International

Smart Living

Go outside and play with your children instead of sending them out to play.

What children want more than anything is time with their parents.

you can use

slow and easy

If you are looking for a gentle activity that offers health benefits, consider tai chi (pronounced *tie chee*).

A Chinese martial art, tai chi uses slow, fluid movements based on energy that flows through the body. Studies have found that regular practice can improve balance, posture, endurance, flexibility, and circulation. Tai chi has also been found to help reduce falls among the elderly, lower blood pressure, and lessen depression.

Check with your doctor to make sure you can do tai chi. You should be able to find classes at your local gym, YMCA, or community college or by doing an online search.

Source: *Senior Outlook*, published by Group Health Cooperative, Seattle, WA

FISCAL FITNESS

Save money while you stay cool

Air conditioning – whether it's central air or a portable unit – can be one of your home's biggest energy guzzlers. These tips can help you save money on summer energy bills:

- **Keep your thermostat at a constant temperature.** Experts recommend 78°F. Each degree lower than that increases costs by 6%.
- **Avoid placing lamps, televisions, computers, and other heat-generating appliances by the thermostat.** Your air conditioner can mistake the nearby heat increase for the temperature of your entire house.
- **Use fans instead of air conditioners in well-ventilated areas.** Fans use 70% to 90% less electricity. Using the furnace fan on forced air central heating systems is another way to circulate air.
- **Close blinds, drapes, and shades on the western- and southern-facing walls** during the day.
- **Turn off lights, televisions, computers, and other non-essential appliances** when they're not being used.
- **Plant shade trees around your house to reduce the heat of the sun,** especially on the west and south sides.
- **Replace the filter monthly during cooling** season and have your system serviced regularly.
- **Use light-colored shingles** when putting on a new roof.

Sources: Con Edison power company; U.S. Department of Energy

preparing for surgery

Before you have a planned surgery, you may want to ask your doctor if you can donate your own blood ahead of time in the event you need a blood transfusion.

Self-donation is not an option for everyone, but using your own blood can reduce the need to use donor blood and the risk of transfusion-related infections and allergic reactions.

Blood banks can draw your blood and store it for only a limited time, so coordinating the donations with the date of the surgery is important.

Source: California Department of Health Care Services

ingrown toenails

Myth: Cutting a "V" in a toenail will relieve the pain and prevent ingrown toenails.

Reality: This may actually make the problem worse. When a toenail is ingrown, the nail curves downward and into the skin, and cutting a "V" does not affect the growth.

Trim nails straight across and avoid cutting them too short. Wearing shoes that are too tight or too short is one of the most common causes of ingrown toenails.

Source: American College of Foot and Ankle Surgeons

spotting added sugar

Read the ingredients list first when you're looking for hidden sugar in foods. Sugar can come in many guises, such as evaporated cane juice, words that end in *ose*, or items containing the word *syrup*. Common examples include high-fructose corn syrup, brown rice syrup, and malt extract.

Naturally occurring sugars, like those in milk, fruits, and vegetables, are listed under carbohydrates on the nutrition facts panel of packaged foods.

Source: *Get the Sugar Out*, by Ann Louise Gittleman, PhD, CNS, published by Three Rivers Press

The information in this publication is meant to complement the advice of your health-care providers, *not* to replace it. Before making any major changes in your medications, diet, or exercise, talk to your doctor.

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health yourself

SUMMERS

Top 10 safety tips

1. **Look for and obey “No Diving” signs.** Go in feet first before diving. The minimum safe depth for diving is nine feet.
2. **Stay within arm’s length of any child in the water.**
3. **Never leave kids or pets in any type of motor vehicle in the sun,** even with the windows cracked.
4. **Use insect repellent that contains DEET (not for children under two years old, and no more than 30% DEET content for older children), picaridin, or oil of lemon eucalyptus.**
5. **If you know you or a family member is allergic to bee stings,** ask your doctor to prescribe an EpiPen® or other epinephrine injection device to carry with you to prevent a life-threatening reaction.
6. **Avoid alcohol when you’re swimming, boating, or diving.**
7. **Wear helmets when riding bikes, skating, or skateboarding.**
8. **Insist that every passenger in a boat wear a properly fitting life jacket.**
9. **Turn the engine off before you pick up a fallen water skier,** and take an extra passenger to help watch skiers.
10. **Always wear sunscreen with an SPF of at least 15** that has both UVA and UVB protection.

Sources: American Red Cross; ThinkFirst, the National Injury Prevention Foundation

Smart Living

In high temperatures, drink lots of fluids throughout the day instead of waiting until you’re thirsty.

TIMEOUT

Make silence part of your daily schedule

Each day, pencil in a few minutes on your planner for complete silence. Turn off everything that might interrupt you, don’t check your e-mail, and don’t talk to anyone.

Constant noise drains your positive energy, increases stress hormones, interrupts thoughts, and rattles your nerves. Silence calms you down.

You can take silent time almost anywhere — while working, gardening, or taking a walk. Just make a point to schedule it so you can avoid interruptions.

Source: *Positive Energy: Fatigue, Stress & Fear* MD, published by

10 Extraordinary Prescriptions for Transforming into Vibrance, Strength & Love, by Judith Orloff, Harmony Books



“The quieter you become, the more you are able to hear.”

— Baba Ram Dass

CARING WORDS

What to say when talking to a sick person

If you think you want to say:	This may be more helpful:
You’re going to be just fine.	Are there some things you’re concerned about?
You can beat this — don’t talk like that.	It must be hard to come to terms with this.
I don’t think anyone can help.	I’ll always be there for you.
I just can’t talk about this.	I’m feeling overwhelmed right now. Can we talk about this later?
What do the doctors know?	Do you think the doctors are right?
There has to be something more to do.	Let’s be sure we get the best medical treatments.
Don’t be glum. You’ll get well.	It must be hard. I’d like to stay with you for a while if that’s okay.

Sources: *Hard Choices for Loving People*, by Hank Dunn, A & A Publishers; *Handbook for Mortals: Guidance for People Facing Serious Illness*, by Joanne Lynn, MD, and Joan Harrold, MD, Oxford University Press

take care

PRESCRIPTION DRUG ABUSE

Is your medicine cabinet putting your family at risk?

Prescription drug abuse occurs among people of all ages. Seniors may be at high risk because they are frequently prescribed narcotics for pain relief.

Teenagers, however, typically get prescription drugs from family or friends. "The family medicine cabinet is the major supplier," says Lloyd Johnston, a nationally known researcher on teens and drug abuse.

Although safe when used as directed, many medications prescribed to treat pain, anxiety, and insomnia are commonly abused for non-medical reasons. If taken in excess or mixed with each other and/or alcohol, these drugs can be addictive, dangerous, and even deadly.

Painkillers like oxycodone and hydrocodone (brand names OxyContin® and Vicodin®), along with anti-anxiety medications such as Xanax® and Valium®, are some of the most frequently abused.

TO HELP PREVENT PRESCRIPTION DRUG ABUSE

- **Share a list of all the medications** you take with each doctor you see.
- **Try to get all your prescriptions filled** at the same pharmacy.
- **Carefully read and follow** the directions on labels.
- **Pay particular attention** to labels that indicate a medication may cause drowsiness.

Sources: University of Michigan Institute for Social Research; Substance Abuse and Mental Health Services Administration

July Health Observances

Protect your eyes from UV rays

Whether your style is designer shades or the \$10 drugstore variety, you can reduce your risk of developing cataracts by wearing sunglasses whenever you're out in the sun.

Cost or the darkness of the lens has no bearing on whether or not your sunglasses will block ultraviolet light. UV protection comes from chemicals added to the lens. Be sure to check labels to make sure the glasses block 90 to 100% of UVA and UVB rays.

For the best possible protection, wear a wide-brimmed hat in addition to the sunglasses.

Source: American Academy of Ophthalmology, www.aaao.org



Smart Living

Reapply sunscreen after swimming or vigorous activity — even if the label says it's waterproof.



wellness

WEIGHT CONTROL

Think before you drink

If you reach for a 12-ounce soft drink, a glass of lemonade, or a sports drink on a hot afternoon, remember that these thirst quenchers can contain anywhere from 150 to more than 200 calories.

Liquid calories, however, tend not to satisfy your appetite. People usually eat the same amount of food regardless of the calories they drink.

One reason may be that part of the satisfaction of eating comes from the taste, feeling, and texture of food. Compared to beverages, solid foods provide more of the feeling of fullness which signals the brain to stop eating (especially if you eat slowly).

Quench your thirst with a glass of plain water and a slice of lemon. If you miss the carbonation of a soft drink, try flavored seltzer water with a dash of fruit juice.

Source: American Dietetic Association, www.eatright.org

HEART ATTACKS

Women's symptoms may differ from men's

Crushing chest pain and upper-body or left-arm pain are the most well-known signs of a heart attack. But for many women (and some men) the warning signs listed below can also signal a heart attack — even without chest pain:

- Unusual stomach pain
- Nausea or dizziness
- Shortness of breath or difficulty breathing
- Unexplained anxiety, weakness, or fatigue
- Palpitations, cold sweats, or paleness
- Jaw pain

Call 911 right away if you or someone you know shows signs of a heart attack. It's important to receive medical treatment as soon as possible.

Source: American Heart Association



Body, mind and soul

“A family is a collection of people who share the same genes but can't agree on a place to pull over for lunch.”

— Mary Roach

“I'm so unfamiliar with the gym I call it James.”

— Chi McBride on the Ellen DeGeneres Show

“Most new books are forgotten within a year, especially by those who borrow them.”

— Evan Esar

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